

Preschool

We love parents... but in order to assist us in offering quality programs for your preschooler, we ask that you not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Please note: The registration deadline, unless otherwise noted, is two weeks prior to the first class.

Arts, Dance & Enrichment

Montrose Discovery

Preschoolers will learn through play while participating in learning centers, music, cultural activities, arts, crafts and outdoor time. Experienced staff develop programs designed to focus on social and academic skills necessary for Kindergarten, while promoting self-confidence and individual expression. Vouchers are accepted. Additional documents are required after registration. Programs are closed on all federal holidays. Other closings are indicated in the registration packet. Delayed openings and early dismissals may occur in inclement weather. Amounts below indicate the approximate monthly fee.

No program 1/18, 1/25 & 2/15.

Age: 3-5

30506	M-F	1/4-6/11	8 AM-6 PM	\$726/\$833
30507	M-F	1/4-6/11	9 AM-12:30 PM	\$493/\$568
30508	M-F	1/4-6/11	9 AM-3 PM	\$665/\$765

Montrose CC

Moving with Mommy & Me *New*

Experience classes for parents and kids and enjoy movement. Focus on new ways to play and have fun together. Fee is for parent and one child. Parent/guardian participation required. ♥

No class 2/15

Age: 24-30 mo

30152	M	1/25-3/8	2-2:45 PM	\$54/\$64
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Age: 30-36 mo

30153	M	1/25-3/8	3-3:45 PM	\$54/\$64
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Thomas Farm CC/Sherman



TINY TOTS "DROP IN"

*A great way to spend time
with your children and friends. . .*

- Every Tuesday -



Thomas Farm Community Center Gymnasium

10 a.m. - Noon

All you need to participate:

Thomas Farm Community Center Membership
\$30 per year/city residents • \$45 per year/non-residents

Children under 5 are free.

In addition to open gym playtime, join us the last Tuesday of the month for special tiny tot activities and organized arts, crafts and games

Tuesday, Dec. 29

"Winter Wonderland Fun"



Music Together

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play with parents and caregivers. Music Together believes that all children have an innate ability to learn music as language. Fee includes a CD, cassette, songbook and education materials. Cost of materials is non-refundable. Sibling fee is \$110. Siblings 8 months and under attend free (no registration necessary). Fax, mail or walk-in registration for siblings 8 months and older to receive a discount. Adult participation required. Siblings attend free for course #30159. ♥

Age: 1 month -5 yr

30154	W	1/13-3/17	9:30-10:15 AM	\$162/\$187
30155	W	1/13-3/17	10:30-11:15 AM	\$162/\$187
30156	W	1/13-3/17	11:30 AM-12:15 PM	\$162/\$187

Thomas Farm CC/Goodwin

30157	Th	1/14-3/18	9:30-10:15 AM	\$162/\$187
30158	Th	1/14-3/18	10:30-11:15 AM	\$162/\$187
30159	Th	1/14-3/18	11:30 AM-12:15 PM	\$162/\$187

Elwood Smith RC/Winkler

30160	F	1/15-3/19	10-10:45 AM	\$162/\$187
30161	F	1/15-3/19	11-11:45 AM	\$162/\$187

Kicks Karate/Winkler

Preschool

Pre-Ballet

Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. ♥

Age: 3-4

30167	Sa	1/23-3/13	10:15-11 AM	\$72/\$85
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Rockville Sr. Ctr./Mattos

30169	Sa	1/23-3/13	10-10:45 AM	\$72/\$85
30170	Sa	1/23-3/13	11-11:45 AM	\$72/\$85

Thomas Farm CC/Baker

30171	Sa	1/23-3/13	10-10:45 AM	\$72/\$85
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Rockcrest Ballet Ctr./Chongpinitchai

Age: 4-5

30168	Sa	1/23-3/13	11:05-11:50 AM	\$72/\$85
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Rockville Sr. Ctr./Mattos

30172	Sa	1/23-3/13	9-9:45 AM	\$72/\$85
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Rockcrest Ballet Ctr./Chongpinitchai

Pre-Ballet Dansez Dansez

Classes will be taught in French and translated into English. Basic steps are broken down into small components so students can understand how to execute them and gain the physical, emotional and aesthetic benefits. Children are expected to develop poise, self-confidence, good posture, coordination and balance. Proper ballet attire and shoes required. ♥

No class 2/15

Age: 2-4

30173	M	1/25-3/22	4:15-5 PM	\$90/\$105
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Twinbrook CRC/Philippe

Age: 3-5

30816	Th	1/21-3/11	5-5:45 PM	\$90/\$105
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Thomas Farm CC/Phillipe



Preschool



Story Time with Megan *New*

Enjoy the magic of books while listening to classic children's stories brought to life in a circle-time setting. Preschoolers will develop math readiness and literacy skills through songs, games and crafts. Parent participation optional.

Age: 2-5

30391	W	1/20-2/10	9:30-10:15 AM	\$29/\$33
30392	W	2/17-3/10	9:30-10:15 AM	\$29/\$33

King Farm Com. Rm./Frene

Tiny Hand Crafts

This hands-on class encourages children to be creative, get messy and have fun with paint, glue, glitter, foam, fabric, wood items and more. Kids will make at least two projects per class...most of them keepers. Note: \$21 material fee is payable to instructor at first class. Bring a smock. Adult participation required.

Age: 2-6

30181	Tu	1/26-3/2	9:45-10:30 AM	\$49/\$59
30182	Tu	1/26-3/2	10:45-11:30 AM	\$49/\$59

Twinbrook CRC/Dion

30183	Th	1/21-2/25	9:30-10:15 AM	\$49/\$59
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Thomas Farm CC/Dion

Age: 2-8

30819	Sa	1/23-2/27	10-10:45 AM	\$49/\$59
30820	Sa	1/23-2/27	11-11:45 AM	\$49/\$59

King Farm Com. Rm./Dion



Preventing the Flu

**Good Health Habits
Can Help Stop Germs ...**

- Avoid close contact.
- Stay home when you are sick.
- Cover your mouth and nose when sneezing.
- Clean your hands.
- Avoid touching your eyes, nose or mouth.
- Practice other good health habits.

Source: Centers for Disease Control and Prevention

Twinkle Twinkle Tiny Tunes

Share the love of music with your child. Using songs, musical games, rhythm instruments and creative movement, the basics of music are made easy. Rhythm, pattern, tempo and pitch are the fundamentals, but emphasis is on fun. Adult participation required.

No class 2/15

Age: 18-36 mo

30184	M	2/1-3/15	9:30-10:15 AM	\$45/\$52
30185	M	2/1-3/15	10:30-11:15 AM	\$45/\$52

Twinbrook CRC Annex/Stahl

Preschoolers create, explore and
learn while still having fun!



Licensed Preschool Program for 3-5 year olds

Choose from: 8 a.m. - 6 p.m.
9 a.m. - 12:30 p.m. • 9 a.m. - 3 p.m.

Montrose Discovery

451 Congressional Lane
Rockville, MD 20852



Professional, caring staff with years of experience provide a safe, nurturing environment for your child.
(See page 4 for additional information)

call 240-314-8631

www.rockvillemd.gov/recreation

Preschool

Fitness & Wellness

Bugs@The Little Gym

Enjoy music, rhythm and a variety of physical exercises. Meet other parents and caregivers. Fee includes annual membership (\$40 value) and a choice of two classes for the price of one. Tuesday, 11:45 a.m.-12:30 p.m., and Friday, noon-12:45 p.m. Adult participation required. ♥

Age: 4-10 mo
30002 Tu, F 2/2-3/26 11:45 AM-12:30 PM \$128/\$151
The Little Gym

Funfit Tots™

This fun-filled activity brings fitness to a whole new level. Using balls, hoops, chutes and more, you and your child will get a heart-healthy workout in a stress-free class. Kids will build self-confidence, socialization, coordination, balance, language and cognitive development. One adult must attend with child(ren), who must be walking. ♥

Age: 1-2
30014 W 1/13-2/10 10:15-11 AM \$58/\$67
30805 Sa 1/16-2/13 9-9:45 AM \$58/\$67
30019 W 2/17-3/17 10:15-11 AM \$58/\$67
30813 Sa 2/20-3/20 9-9:45 AM \$58/\$67
Twinbrook CRC/Kibler - Funfit

Age: 1-2
30016 Th 1/14-2/11 9:30-10:15 AM \$58/\$67
30021 Th 2/18-3/18 9:30-10:15 AM \$58/\$67
Thomas Farm CC/Kibler-Funfit

Age: 2-3
30015 W 1/13-2/10 11-11:45 AM \$58/\$67
30784 Sa 1/16-2/13 9:45-10:30 AM \$58/\$67
30020 W 2/17-3/17 11-11:45 AM \$58/\$67
30806 Sa 2/20-3/20 9:45-10:30 AM \$58/\$67
Twinbrook CRC/Kibler-Funfit

Age: 2-3
30017 Th 1/14-2/11 10:15-11 AM \$58/\$67
30022 Th 2/18-3/18 10:15-11 AM \$58/\$67
Thomas Farm CC/Kibler-Funfit

**Want more places to exercise with
your kids? Sign up for a Swim class
or drop in for Open swim.
See pages 59-63.**

Preschool

Little Ninjas

Introduce your child to karate, taught by a certified instructor. Each class begins with stretches followed by exercises and fun games that will help children learn the basics while improving strength, flexibility and coordination. ♥

Age: 3-4

30041	F	1/15-3/5	4-4:45 PM	\$55/\$65
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Age: 5-6

30040	F	1/15-3/5	5-5:45 PM	\$55/\$65
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Thomas Farm CC/Thomas

Yoga for Kids

Enjoy a class full of playfulness, freedom and imagination. Combines simple yoga poses with music, stories, games and relaxation. Increase self-confidence in this creative, non-competitive environment through exercising motor sensory and social skills. Bring mats for each adult and child. Adult participation required. ♥

Age: 2-4

30192	Tu	1/26-2/16	1-1:45 PM	\$49/\$59
30812	Tu	2/23-3/16	1-1:45 PM	\$49/\$59

Thomas Farm CC/Countryman



Tumble & Dance

Enjoy this unique combination of ballet, tap, creative movement and tumbling. Focus is on coordination, balance, rhythm and grace. Youngsters will learn to express themselves through the magic of performance, all in a relaxed and fun atmosphere. ♥

Age: 3-5

30821	W	1/20-3/10	12-1 PM	\$120/\$139
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The Little Gym

Hold the Date!! Summer Camps Begin June 21*



"Choose Your Fun"...

in sports, games, pottery, basketball, nature, fitness and field trips... to name just a few of the exceptional programs offered.

Bus transportation, swimming, before and after camp care available for most programs.

Important dates:

- Jan. 15 - Summer Camp Guide mailed
- Jan. 27 - Resident registration begins
- Feb. 10 - Non-resident registration begins

*based on availability of MCPS facilities



Sports

Tennis for Toddlers

Learn how to play tennis with your youngster in this U.S.T.A. QuickStart class, designed to teach skills fast so everyone keeps moving. Proper grip, footwork and groundstrokes are taught. Adult participation required. ♥

Age: 4-5

30774	Tu	1/12-2/2	9:15-10 AM	\$47/\$55
30776	Tu	2/9-3/2	9:15-10 AM	\$47/\$55
30778	Su	1/17-2/7	11-11:45 AM	\$47/\$55
30779	Su	2/14-3/7	11-11:45 AM	\$47/\$55

Thomas Farm CC/Yargici

Wee Wanna Bees

Which sports players do your kids pretend to be? This innovative program builds self-esteem and confidence. Girls and boys receive instruction in sports and agility training through supervised, non-competitive play sessions. Each child can participate at his/her own pace. Sports will change each season. Adult participation required. ♥

Age: 2-5

30091	W	1/20-3/10	9:15-10 AM	\$99/\$117
30092	W	1/20-3/10	10-10:45 AM	\$99/\$117

Thomas Farm CC/Wilson

*No child stays a preschooler forever.
Check out our Children's Sports and
Fitness programs. Pages 14-17.*

Preschool

CHECK OUT WHAT'S NEW!

Preschool - Adult Programs

New Year's Eve Kids Gala
 Co-Rec Coach Pitch Baseball
 Birds & Brew
 Fingerprint Art
 Incredible Amphibians
 Saturday Story & Craft
 Scat, Tracks & Signs
 Totally Teens
 Teen Cardio Kickboxing
 Make it Happen – Teen Basketball
 Gingerbread House Workshop
 Greeting Card Workshop
 Belly Dance for Fitness
 Digital Photo Restoration
 e-Bay – Successful Buying & Selling
 Financially Fit
 French for the Traveler
 Flexibility Plus
 Moms in Motion
 Gentle Yoga
 Hatha Yoga
 Beginner & Fitness Yoga
 Cardio Dance & Stability Ball
 Stay Fit While You Sit
 Adult Co-Ed Dodgeball
 Holiday Basketball Tournament
 Whale Watching
 Annapolis Historic Pub Crawl
 Aqua Boot Camp